

# October 2014

## HEALTH PROMOTION AND WELLNESS CLASSES



### **Nutrition and Weight Management**

This class is for patients who are seeking basic nutrition and exercise information.

**JBPHH MWR Fitness Center Classroom 2:**

**October 7 1000-1100**

**October 21 1300-1400**

**Camp Smith Fitness Gym:**

**October 9 1130-1230**

**K-Bay Health Clinic Training Room 2nd Floor:**

**October 29 1030-1130**

**\*\*Call to reserve a spot.\*\***

### **Healthy Heart**

The healthy heart is designed for those patients who have history of hyperlipidemia, hypertension or family history of heart disease.

**JBPHH MWR Fitness Center Classroom 2:**

**October 16 1000-1100**

### **Tobacco Cessation**

This program focuses on group support and behavior modification with adjunct aids using the American Cancer Society Fresh start program.

**JPBHH MWR Fitness Center Classroom 2:**

**October 8, 15, 22, 29 1000-1100**

**K-Bay Health Clinic Training Room 2nd Floor:**

**October 7, 14, 21, 28 1000-1100**

**Camp Smith Fitness Gym (please call ):**

**(TBA)1000-1100**

**\*\*Call to reserve a spot\*\***

### **Recreation Therapy**

A program that uses recreation and education services to help people with illness, disabilities and other conditions.

**Aqua Therapy (Referral required).**

**Hickam Pool #2:**

**Every Tuesdays and Thursdays 1200-1300.**

**Access Surf**

**October 15 0800-1300 White Plains Beach**

**For more info call: 808-426-6366**

### **Take 20 seconds To Relax**

Learn the most powerful way to shed the stress that builds up daily.

**Will meet at the Blue Team front desk:**

**October 7 1130-1200**

**To register, call 473-1880 x2224**

**Report to Gold Team desk on day of class.**

### **Commissary Walkthrough**

Join the Health Promotion team in a commissary walkthrough to guide you toward healthier lifestyle by making better choices.

**October 28 1000 Pearl Harbor DECA Commissary.**

**October 29 1000 K Bay Commissary.**

**\*\*Call to reserve a spot\*\***

### **Sleep Better Now**

Learn what lifestyle habits strengthen your sleep drive so you can feel rested.

**Will meet at the Blue Team front desk:**

**October 6, 20 1130 - 1230**

**To register, call 473-1880 x2224**

**Report to Gold Team desk on day of class.**

### **Resting Metabolic Rate Test**

Find out how much calories you can burn while at rest. Patients **must attend the Nutrition and Management class first before scheduling an appointment.**

### **COMPACFLT Health Fair**

**October 1 0900-1300**

**Lava Room Navy Gateway Makalapa.**

### **Be Active and Get in Shape!**

**October 1 from 1200-1245 HQ Bldg. courtyard.**

**Naval Health Clinic Hawaii Health Promotion**

**808-471-2280**

**schedule subject to change without notice, please check our official Facebook page:**

**Naval Health Clinic Hawaii**